

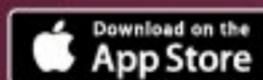


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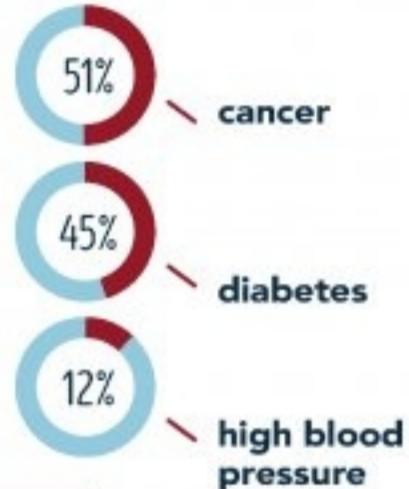
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CANADIANS AND HIGH BLOOD PRESSURE

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Canadians have a much higher awareness of cancer and diabetes than of high blood pressure.



FACT

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6,000,000 CANADIAN
adults have high blood pressure.



59% of Canadians are concerned they will develop high blood pressure.



90% of Canadians will develop high blood pressure during their lifetime.

FACT

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FACT

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FACT

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Canadians tend to believe that lifestyle is a greater cause of high blood pressure than age.



FACT

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Halifax metro

Your essential daily news | MONDAY, MAY 2, 2016

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Halifax, curb your enthusiasm for Uber

BUSINESS

City hasn't heard any word from ridesharing service in a year

 **Zane Woodford**
Metro | Halifax

Passengers waiting for a ride from Uber in Halifax will continue to be left at the curb.

The municipality says it hasn't heard a beep from the ridesharing company in more than a year.

"I don't know whether we're lucky that our legislation is something that is keeping them away, we just don't know the reason, but we do know that they haven't made any effort to put a real strong push into coming to Halifax," municipal spokesperson Brendan Elliott said.

Elliott said he couldn't speculate for sure as to why the company has yet to offer its brand of app-

based rides from drivers in their own vehicles in the municipality.

"You'd have to ask them why they're not here," he said.

Uber did not respond to an email from Metro.

The legislation Elliott referred to would make the way Uber typically does business illegal in Halifax.

"We have had meetings in the past with Uber — none recently — where we have explained that if they set up shop in Halifax they would have to use already licensed cab drivers," he said.



In Halifax, Uber would have to use licensed drivers. THE CANADIAN PRESS

"If they were to do what they've done in other municipalities where these people that they hire are not licensed, we would have a problem with that."

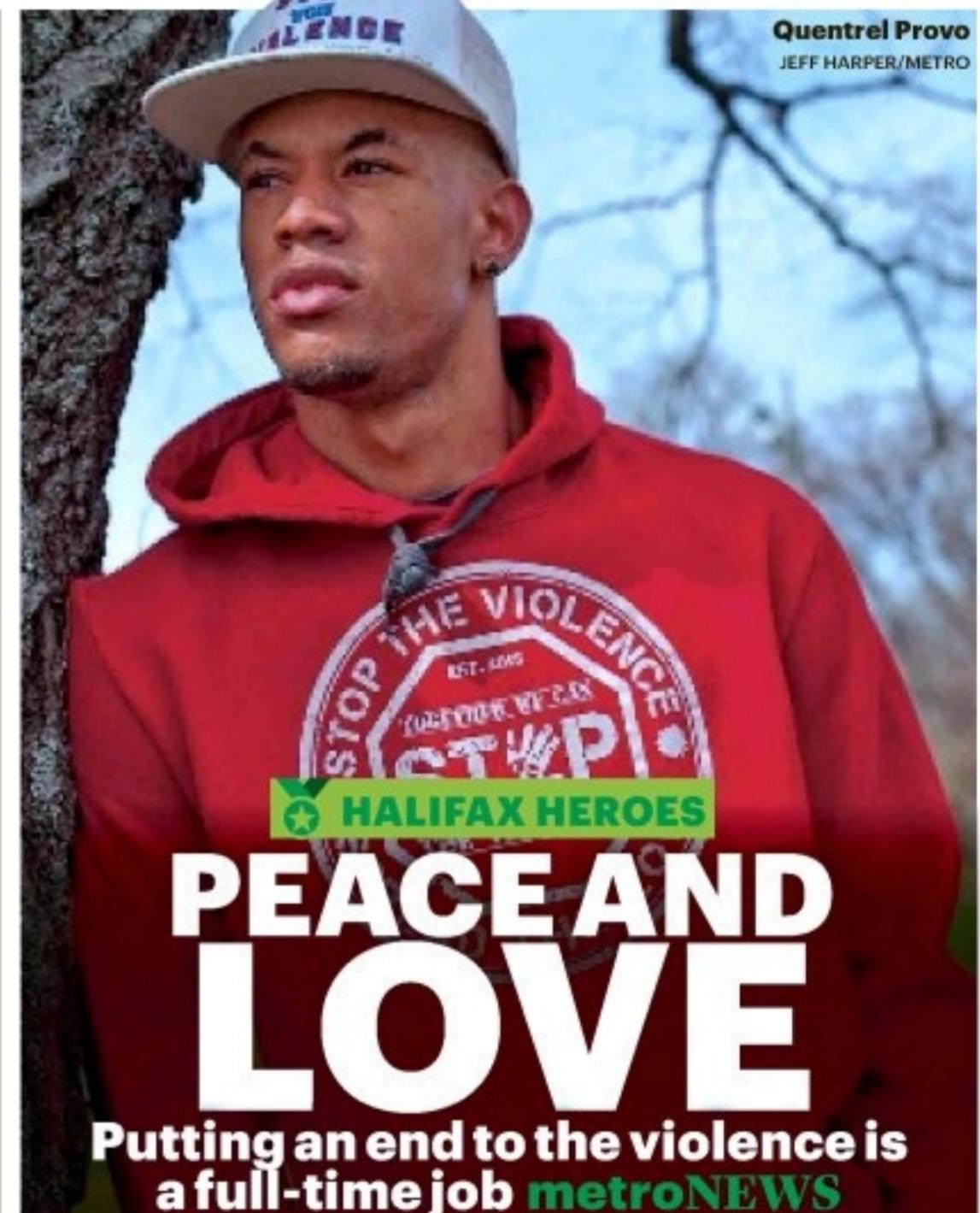
Last month, Ottawa, one of seven cities in Canada where Uber does operate, amended its bylaws to take the "handcuffs off the taxi industry," legalizing rideshare services like Uber and placing some conditions on drivers, like mandatory record checks and beefed up insurance.

Earlier this year, Ottawa had slapped Uber drivers with hefty fines for operating without licences, which is exactly what would happen in Halifax if the company were to operate here.

"It certainly sounds like an issue that at some point the municipality will have to deal with," Elliott said.

But probably not any time soon.

"I can tell you that we haven't had any meetings with them in the last year. If they are planning to expand into Halifax in a major way, we haven't seen it, we haven't heard that that's what they want to do."



Quentrel Provo
JEFF HARPER/METRO

HALIFAX HEROES

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Your essential daily news

Edible pot may be harmful to children, report says. **Canada**



A green crab rests underwater on eelgrass in Little Port Joli Estuary at Kejimkujik National Park Seaside. CONTRIBUTED/THE CANADIAN PRESS

Meet the 'cockroach of the sea'

GREEN CRAB

Removal proves effective in controlling invasive species

A researcher who spent years removing millions of green crab from a Nova Scotia estuary says evicting some of the cantankerous crustaceans has proven effective in controlling an invasive species that has wreaked havoc on marine ecosystems around the world.

The green crab is originally from Europe and first arrived on Canadian shores in the 1950s,

decimate marine environments as it reproduces quickly, mows down eelgrass — a marine plant with long ribbon-like leaves that provides food for birds and nurseries for young fish — with its claws and devours just about any species it comes across that's comparable in size or smaller.

"They can upset entire ecosystems. They cause cascading problems," said Chris McCarthy, a Parks Canada scientist at Kejimkujik National Park. "Ecosystems are getting hammered because of this new invasive species."

but there was a second invasion from northern waters during the 1980s, said McCarthy. It's these green crab that are causing the most trouble on the East Coast, as they are acclimated to cold water temperatures.

McCarthy said estuaries at the park's seaside site on Nova Scotia's southern coast near Port

Joli have been under attack by green crab for nearly a decade. Roughly 268 hectares of eelgrass was almost completely annihilated in two estuaries.

McCarthy said a plan was developed in 2010 to try to deal with the uninvited visitors.

He said a trap invented by a local fisherman was used to

+ ECOSYSTEM IMPACTS

The long-term effects of removing large quantities of green crab are not yet known. Chris McCarthy said researchers aren't sure

yet if they can stop fishing green crab for a period of time or if control efforts need to continue on an ongoing basis.

catch more than two million green crab from one estuary over a few years. Since then, eelgrass in that estuary has recovered by about 34 per cent and soft-shell clam populations are on the rise, while the second estuary remains mostly bare beneath the surface.

"We'll be able to export this knowledge to other areas," said McCarthy, adding that the millions of green crab were caught by just a few people using small, motorless boats.

"People are seeing the damage that they're doing and they're looking for some way to respond. This is one of very few projects that actually tried to

control them. We have a measured level of effort to get control of this estuary, so people can take that and use that to plan their own interventions."

McCarthy said the challenge now is finding a use for the crustacean — which can grow to be about eight centimetres. He said they can be used as bait for lobsters and studies are currently underway to develop green crab for the dinner table.

"If the use can be developed, then we can really knock them down and keep them down," he said, adding that complete eradication is impossible, as one green crab can produce 175,000 eggs per year. THE CANADIAN PRESS

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PHOENIX COMMUNITY CHOIR
Photo Credit: Rebecca Clarke

THE ONCE
Photo Credit: Chris Ledrew

 HALIFAX HEROES Ordinary people doing extraordinary things

'This is an everybody problem'

STOP THE VIOLENCE

Quentrel Provo says his work has become a 24/7 unpaid job


Yvette d'Entremont
Metro | Halifax

When Quentrel Provo's cousin Kaylin Diggs was killed by violence on a downtown Halifax street Aug. 11, 2012, Provo remembers being filled with hurt and anger.

He decided to take those emotions and turn them into something positive. What followed was a 'stop the violence' march that attracted hundreds of people who walked in solidarity against community violence on a rainy, windy day.

"After that it was what do you do? Do you stop or keep going? I thought about that. I thought about all of the young men that we had lost before Kaylin and basically I just said I gotta keep going," Provo recalled.

"I used losing someone as the motivation for me to continue it."

For the past five years, Provo has hosted events and given presentations across the province through his non-profit Stop the Violence. He has a 'Stop the Violence' clothing brand, and in 2014 was the speaker for the Governor General of Canada Youth Round table.

His goal is raising awareness about the issue of violence and promoting the message of love as a cure for the "epidemic of violence." He encourages people to stand up to violence in all its forms: physical, sexual, domestic and



Quentrel Provo has been the face of peace in Halifax after three fatal shootings in six days. JEFF HARPER/METRO



I'm not better than anyone. We're all in this together and that's the way I've always felt with this. This is about everyone. I'm just a young man trying to make this world a better place.

Quentrel Provo

psychological.

Happy, always smiling, and hopeful, Provo said his work has become a 24/7 unpaid job, but he wouldn't trade it for the world.

"This violence isn't a one-

community thing or a one race thing," Provo said.

"This is an everybody problem. You're affected directly or indirectly. It affects how you think, where you're going to go, what you're going to do.

It's everyone's problem now."

During the most recent spate of violent gun crime in the Halifax area, Provo decided to hold his Stop the Violence march earlier than intended. That hastily organized April 24 event attracted more than 400 people.

"We had three deaths in six days. You never heard of that in Nova Scotia, and it was three young men under 30 so it opened people's eyes to what's happening," Provo said.

"This is here in Halifax and it's real. People have opened up their eyes, kids and college

students and adults are listening and people are waiting on what I'll do next. Don't worry guys, it's coming."

Provo is working on a mentorship program for young people, black and white, in communities throughout HRM. He said matching youths with 20-something, educated mentors who can check in on them and serve as role models makes a difference.

"That way we're giving kids someone to look up to. A lot of times kids may see someone they look up to but they don't get to know them or speak

NOMINATIONS

Do you have someone to nominate?

Each Monday, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #Halifaxheroes

with them so I want to do that and create that because I have a lot of amazing positive young people messaging me now wanting to help me and the youth with this," he said.

"We might not get to those guys that are shooting. It might be too late because of the mentality that they have right now. We can always give them help, but we can get to those coming up, that they're recruiting, that they're trying to get to. The important part is being and having role models."

During the past two weeks Provo has received hundreds of emails, texts and phone calls from across the country and has been moved by all the positivity. He said young men have thanked him for making them think twice, women told him he inspired them to leave abusive relationships, and parents and grandparents have thanked him for working to make the world a better place.

"I believe change is possible. It may not happen tomorrow and it may not happen in my lifetime but some day it will happen," he said.



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Our navy remembers

Halifax's naval community gathered at Point Pleasant Park on Sunday to commemorate the 71st anniversary of the end of the Battle of the Atlantic. Remembered each year on the first Sunday of May, it was the longest continuous battle in the Second World War, spanning from 1939 to 1945. About 2,210 Canadians lost their lives.



Jeff Harper
Metro | Halifax

1 A soldier stands on guard during the Battle of the Atlantic ceremony at Point Pleasant Park on Sunday.

2 Members of the band play O Canada at the start of the ceremony.

3 Flags blow in the wind.

4 A bell is rung as the names of the ships that sank are read out loud.


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Jayne Melrose, project director of the Halifax Common Roots Urban Farm, shows off some examples of what folks can expect at an on-farm market stand. REBECCA DINGWELL/FOR METRO

Getting your hands dirty at the market

GARDEN PLOTS

Volunteers to demonstrate 'turning the manure'

 **Rebecca Dingwell**
For Metro | Halifax

Jayne Melrose feels there's value in getting your hands dirty. "When I watch people (gardening), what I see is this sense of pride and confidence that comes with competence," said Melrose, project director of the Halifax Common Roots Urban Farm.

On Tuesday, the garden's new On-Farm Market Stand will officially open. "We know there's lots of people in the community who may not have time to garden, but would love to get some of the fresh produce."

Now heading in its fifth year, the non-profit urban farm was born after Queen Elizabeth High School came down.

"The hospital got this piece of land and they needed an interim land use," said Melrose. The decision-makers involved, she added, wanted something there to promote good health.

The property hosts three different kinds of garden plots. Community plots are rented out to prospective gardeners — Melrose said 175 garden plots are currently being rented with 130 people on a waiting list. The market garden is where flowers and vegetables are grown for donation, wholesale and retail.

The final part of the garden is "the commons," where food is grown by volunteers for volunteers and visitors.

"Those are like the 'steal from here' plots, AKA the nibble plots."

Volunteers will be present at the market stand's opening to demonstrate "turning the

manure." Melrose said manure can be a great asset to any garden — whether it's a plot on the urban farm or one in the backyard.

"Funnily enough, the way the human body's nutrient system works, and the plants' and the soil's, is the same," she said. "These make healthy plants and those healthy plants make really healthy food."

The worm-composted horse manure will be for sale at the stand, along with multi-vitamins and seaweed for the soil, seeds, seedlings and fresh greens.

In addition, there will be a workshop on growing veggies in the city.

+ TIMINGS

The Halifax Common Roots Urban Farm market stand will be open Tuesday through Friday from 11:30 a.m. to 5:30 p.m.

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CRIME

Two youths arrested after police recover missing dog

A Boston terrier is back in the loving arms of his humans, and two youths are in police custody after a strange incident came to a happy ending over the weekend.

In an interview with Metro last week, Megan Hadley and her husband Matt said someone broke into their house and stolen their dog, three-year-old Boston terrier Homer.

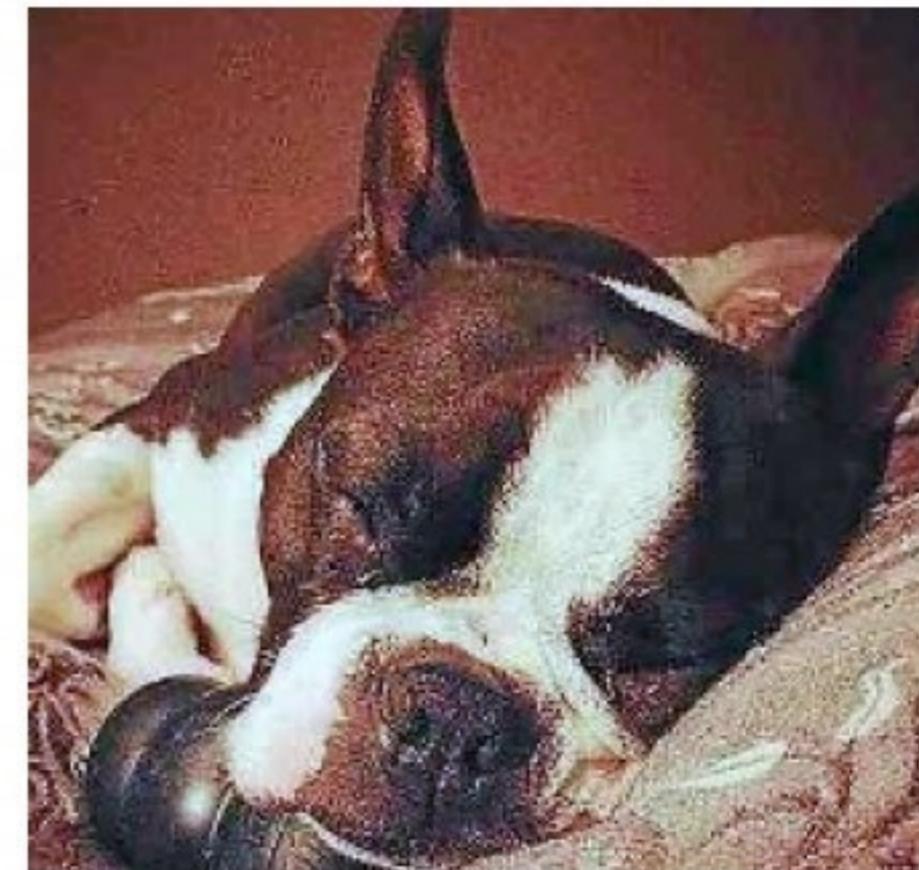
On Saturday morning, Hadley announced on Facebook that Homer had been returned safe and sound.

In her post, Megan also expressed gratitude to everyone who shared their story through social media.

"We cannot thank you enough for your endless searching, support and kindness over this last week."

Halifax RCMP issued a news release Wednesday afternoon asking for the public's help in finding Homer after break and enter on Wexford Road in Dartmouth just before 4 p.m. on Tuesday.

East Hants RCMP issued a release on Saturday saying they'd found the dog, along with two



Homer, a Boston terrier missing since a break-in, has been returned to its owners. FACEBOOK PHOTO

youths and a stolen vehicle on Highway 102 near Brookfield at about 11:42 p.m.

Police arrested the two youths — whose gender was not disclosed — at the scene

and determined that the vehicle was stolen from the Kentville area.

Both youths remain in police custody and the investigation is ongoing. METRO

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Shannex's Parkstone Enhanced Care at 156 Parkland Dr., where incidents of pushing led to deaths in 2013 and 2015. METRO FILE

Deaths revealed at nursing homes

INVESTIGATION

After request, government obliged to share records

Eight residents of nursing homes in Nova Scotia have died since 2008 due to violence from other residents, according to government records — five more than were previously revealed, raising questions about why most of the deaths were never publicly disclosed.

The list of death reports provided through freedom of information includes deaths at six homes at locations around the province, with some having multiple incidents.

For licensed practical nurse Rhonda Church, who has worked in the province's nursing homes

+ INQUIRY CALL

Medical examiner says not necessary in Nova Scotia

Asked if a public inquiry should be recommended in any of these deaths, similar to well publicized inquests undertaken by the Ontario and Manitoba coroners' offices, the medical examiner said it doesn't appear to be necessary in Nova Scotia.

THE CANADIAN PRESS

for 35 years, the previous lack of disclosure of five of eight cases is a problem.

Dr. Matthew Bowes, the province's chief medical examiner, says when death is determined to be the "result of violence" under the Fatalities Inquiries Act it is referred to police as a potential homicide and it is up to police

to announce details.

The list of deaths includes two incidents at Mountain Lea Lodge in the Annapolis Valley in March 2012 and August 2008; one at Glen Haven Manor in New Glasgow in May 2009; one at the Harbour View Haven in Lunenburg in July 2011; one at the Harbourstone Enhanced Care in Sydney last September; one in Arborstone Nursing Home in Halifax in October 2011; and two at the Parkstone Enhanced Care in Halifax.

Halifax police news releases informed the public of the two cases at Parkstone, where sudden pushes led to deaths in 2013 and last September, and a death at Arborstone, where a resident fell backwards after being pushed.

In the other five cases, the police forces decided not to proceed with investigations, meaning no release was issued and the stories never surfaced. THE CANADIAN PRESS

CRIME

Taxi driver charged with sexual assault

A Halifax cabbie faces a sexual assault charge for allegedly touching a 21-year-old woman in his taxi last fall.

At 11:30 p.m. Oct. 23, a cabbie in the area of Windsor and Allen streets picked up a 21-year-old he'd driven previously and reportedly touched her sexually without her consent. The incident was reported Nov. 16.

On Thursday, 45-year-old Seyed Mirsaied-Ghazi was arrested without incident.

METRO

REGULATIONS

Helicopters cannot land at hospitals

The LifeFlight helicopter can no longer use helipads at Halifax hospitals, meaning a new Emergency Health Services mobile care unit had to launch ahead of schedule this month.

The mobile unit provides LifeFlight patients with intensive care while en route to Halifax hospitals, the province said in a press release Friday.

Changes to Transport Canada's policy on helicopter landings that came into effect

April 1 means the LifeFlight Sikorsky S-76A helicopter can no longer land on helipads in densely populated areas in Halifax and Digby.

In Halifax, that includes the QEII Health Sciences Centre and IWK Health Centre.

The helicopter will now land on a helipad near Point Pleasant Park or the Halifax Airport, and patients will be transported on ground to hospitals via the mobile unit.

METRO

Edible pot may pose health risks to kids

POLITICS

Liberals plan to introduce new marijuana legislation

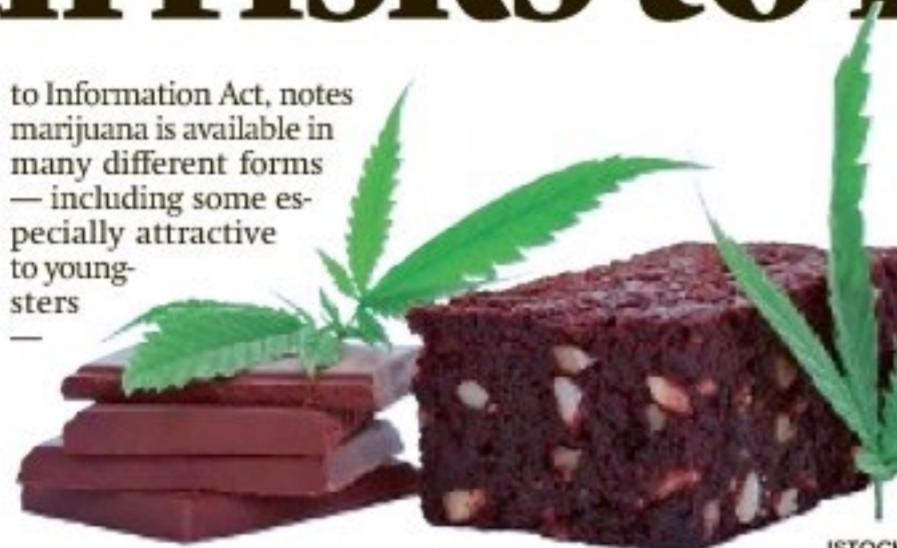
Bite-sized marijuana goodies such as candies and cookies pose "significant risks" to children who might accidentally swallow them, warns a draft federal discussion paper on pot legalization.

It flags the public safety concern as one of the many obstacles Canada must negotiate on the path to regulating the drug, drawing on tragic lessons from Colorado.

Justin Trudeau's Liberal government says legalizing marijuana will keep pot out of the hands of children and deny criminals the profits of shady, back-alley dealing.

However, the December draft paper, obtained by The Canadian Press through the Access

to Information Act, notes marijuana is available in many different forms — including some especially attractive to youngsters



in a number of the jurisdictions that have legalized regimes.

The Liberals plan to introduce legislation next year to remove marijuana consumption and incidental possession from the Criminal Code, and create laws to more severely punish those who provide pot to minors, drive while under its influence or sell it outside the new framework.

The government intends to soon set up a task force with input from experts in public health, substance abuse and policing to design a new system

of strict marijuana sales and distribution.

In the United States, Alaska, Colorado, Oregon, Washington and the District of Columbia permit recreational marijuana use by those 21 years or older.

Some 45 per cent of Colorado's marijuana sales involve edible forms such as food, drink or pills, according to the U.S. Centers for Disease Control and Prevention.

Two years ago a 19-year-old in Colorado ate an entire cookie containing 65 mg of THC — the

principal psychoactive element in cannabis — even though the shop clerk advised him to divide the treat into six servings.

The boy didn't realize it takes time for a high to kick in when consuming pot in edible form, and he kept gobbling the cookie. That evening he jumped to his death from a fourth-floor balcony.

Overall, Colorado saw an increase in the number of marijuana-related poisonings, particularly accidental ingestion by children, in the first year of its new regime, the paper notes.

Justice Minister Jody Wilson-Raybould, one of the federal ministers responsible for guiding marijuana legalization in Canada, suggested it was too early to say what kinds of products might be sold.

The task force will make recommendations and the resulting regulatory framework will be "responsive to those issues," she said.

THE CANADIAN PRESS

CRIME

Alta. firefighter faces arson charges

A firefighter who battled the flames that destroyed a railway trestle bridge northwest of Edmonton last week has now been charged with setting the fire, as well as others in and around his community.

RCMP say Lawson Michael Schalm, 19, of Mayerthorpe faces 18 counts of arson following an investigation into a recent rash of fires, including the one on the CN bridge on April 26.

The chief of the town's fire department, Randy Schroeder, says Schalm is the son of a former mayor of Mayerthorpe and joined the department as a junior member when he was 15.

He became a full member when he turned 18.

Schalm is being held in custody and is scheduled to make his first court appearance on the arson allegations in Stony Plain Provincial Court on Wednesday.

Schroeder confirmed that Schalm was among the firefighters who fought last week's fire on the bridge.

"The entire department is shocked and in disbelief right now regarding the situation," Schroeder said on Sunday.

Police say no one was hurt in any of the suspicious fires, which began April 19.

THE CANADIAN PRESS

DATA

Return of the census

Call it the start of the government's biggest big data push.

Monday marks the start of mailings from Statistics Canada of census surveys, including the return of the mandatory, long-form questionnaire that was replaced with a voluntary survey five years ago.

Statistics Canada says more

than 15 million households will receive census letters over eight days, along with reminders to either fill the form out by hand or online.

Every home will receive a short-form questionnaire. One in every four homes will receive the long-form census.

THE CANADIAN PRESS

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QUEEN'S MARQUE

Militants free 10 hostages

PHILIPPINES

Abu Sayyaf group releases kidnapped crewmen

Abu Sayyaf militants have freed 10 Indonesian crewmen who were seized at sea in March in the first of three attacks on tug-boats that have sparked a regional maritime security alarm, officials said Sunday.

The Indonesians appeared to be in good health when they were dropped off Sunday afternoon in front of the house of Sulu province's governor in the town of Jolo, said the town's police chief, Junpikar Sitin. The 10 men were then brought to a Philippine military camp and arrangements were underway to turn them over to Indonesian officials.

A photo seen by The Associated Press shows the sunburned men in fresh shirts eating rice and chicken with Sulu's governor on a veranda beside a Japanese-style garden in his house. In another photo, some of the men are puffing cigarettes and enjoying coffee while resting on chairs.

Jolo's mayor, Hussin Amin, welcomed the release of the Indonesians, but said he did not know whether a ransom had been paid.

"If this big release came in exchange for money, those who paid are supporting the Abu Sayyaf," he said. "This money will be used to buy more firearms

and will be utilized as mobilization funds by these criminals."

Indonesian President Joko "Jokowi" Widodo thanked the Philippines and the "many parties" in Indonesia who co-operated to secure the release of the hostages.

At a televised news conference at a presidential palace in the West Java province city of Bogor, Jokowi said the government was continuing to work for the release of four other Indonesians who were taken hostage by suspected Abu Sayyaf militants in a separate incident last month.

A Philippine army officer who has been helping to deal with kidnappings by the Abu Sayyaf said a rebel commander from the Moro National Liberation Front, which has signed a peace deal with the Philippine government, helped negotiate with the Abu Sayyaf for the release of the 10 Indonesians.

The hostages were escorted down from a jungle encampment in Sulu and left outside the home of the governor, Abdusakur Tan II, the army officer said by phone on condition of anonymity because he was not authorized to talk to reporters.

After the Indonesians were kidnapped at sea in March, suspected Abu Sayyaf militants separately attacked two other tugboats and snatched four Indonesians and four Malaysians who are believed to have also been brought by speedboats to the militants' jungle bases in Sulu, a predominantly Muslim province about 950 kilometres south of Manila. THE ASSOCIATED PRESS



ROYAL FAMILY

Happy birthday, princess

New photographs of Britain's Princess Charlotte playing at her family's country home were released by the royal family on Sunday to mark the little girl's first birthday, which falls on May 2.

The photographs were taken by her mother, Catherine, Duchess of Cambridge, in April 2016 at Anmer Hall, the secluded house in Norfolk, eastern England, where the family spends much of its time.

In one of the photos, the princess is happily playing outside in the garden, while in another, she is staring off into the distance. In all the photos, the princess looks adorable with her hair parted to the side, donning a blue or pink bow.

AFP/GETTY IMAGES & METRO

VIOLENCE

Calm returns to much of Syria

Syria's military extended a unilateral cease-fire around the capital for another 24 hours on Sunday, as relative calm set in across much of the country after days of heavy fighting concentrated in the northern city of Aleppo.

Aleppo, the country's largest city and a key battleground in the civil war, was not covered by the cease-fire but saw less fighting on Sunday. More than 250 people have died in shelling and airstrikes in the northern city over the last nine days, according to the Britain-based Syrian Observatory for Human Rights.

The government declared its own cease-fire around Damascus and the coastal Latakia region Friday following two weeks of escalating unrest. But more than three dozen rebel factions said Saturday they would not respect the truce unless the govern-



A Syrian family runs for cover amid the rubble of buildings after a reported air strike in Aleppo on Friday. AFP/GETTY IMAGES

ment agreed to extend it over the whole country.

Lt. Gen. Sergei Kuralenko told Russian news agencies at a Russian Air Force base in Syria that Moscow's forces were negotiating a cease-fire for the Aleppo province.

The Observatory said 859 civil-

ians, including 143 children, died in Syria's conflict in April, despite a partial cease-fire brokered by the U.S. and Russia in late February. That cease-fire disintegrated in recent weeks, largely over the fighting in and around Aleppo.

THE ASSOCIATED PRESS

IN BRIEF

Bomb kills Turkish police

A car bomb struck the entrance of a Turkish police station Sunday in the southern city of Gaziantep, killing two police officers and wounding 22 other people in a day marred by violence and May Day protests. There was no immediate claim of responsibility for the attack. THE ASSOCIATED PRESS

20 dead in Kenyan building collapse

Kenyan rescuers continued searching for survivors Sunday of a residential building in a low income area that collapsed Friday, as officials said the death toll has risen to 20 and 73 people remain missing.

THE ASSOCIATED PRESS

Don't miss Let's Talk Exports in Halifax on May 17th with Peter Hall, EDC

Presented by the Halifax Partnership and Export Development Canada (EDC), Let's Talk Exports is your chance to get the most up-to-date information on what the global economy has in store for exporting businesses of all sizes, in all sectors.

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Crowdfunding success not easy

INNOVATION

Campaigns on Kickstarter have 44 per cent success rate

Despite a handful of high-profile successes, industry data show the majority of Crowdfunding campaigns fail, with most commercial ventures hosted on the web platforms never shipping a product to market.

That's not to dismiss the social and economic value of social funding, said Ali Zahid, a 22-year-old entrepreneur who is co-founder of Toronto-based hardware and technology company VanHawks.

The company sells the Valour — connected, carbon fibre bicycles with blind spot sensors and GPS navigation. The customizable and unique Bluetooth-enabled bikes start at \$1,549 (U.S.).

"I'm grateful," said Zahid, explaining that besides resources to help bootstrap the business, Crowdfunding offered a proof of concept for potential stakeholders and unparalleled access to global markets.

It has also been an obvious boon to non-profits and pursuits like journalism, music and films, with Brooklyn-based Kickstarter calling it a core mission to bring otherwise unfunded creative projects to life.

Still, roughly 50 per cent of

24

The average number of Kickstarter projects launched each day in Canada.



Chief Manufacturing Officer Adil Aftab Iqbal, front, and Chief Operating Officer Ali Zahid from VanHawks have created the Valour, the first smart connected bike which has raised over \$500,000 in Kickstarter funding. TORSTAR NEWS SERVICE

crowdsourcing campaigns in all categories fail to raise targeted funds. In fact, campaigns on the biggest site, Kickstarter, have about a 44 per cent success rate, according to research firm Massolution.

Funding goals are missed for such reasons as unclear aims and a lack of attainable objectives. Even if a campaign meets its financial target, the move from prototype to mass production can be a minefield of delays and unforeseen costs, especially for inexperienced entrepreneurs.

Despite notable commercial Kickstarter success stories such as the Pebble smartwatch and the Oculus Rift virtual reality headset, the mountain is steep for startups relying on crowdsourced funding to survive and grow.

With an average of 24 new projects launched each day, Canada is among the leading countries in the world when it comes to setting up a Crowdfunding campaign.

In 2015, it ranked third in the world for Crowdfunding — behind only the U.S. and the

U.K. — with 1,754 campaigns. That predominance is due in part to the fact that Canada allows for rewards-based, non-equity Crowdfunding with minimal regulation and has been an early adopter in the field.

Amid the low success rates, however, the number of Crowdfunding projects in Canada and globally declined in 2015 compared to 2014, according to the Crowd Data Center, although amounts raised increased.

Projects around the world raised an average of \$20,140 in 2015, an increase of 37 per cent compared to 2014. The average investment was \$93 and the projects interested an average of 58 people.

Business and entrepreneurship remains the most popular Crowdfunding category, with Crowd Data Center data showing that musical projects most frequently reached their target, followed by films.

The success rate for video games was low at 17 per cent, but these were among the projects that raised the most funds, after technology, design and films. TORSTAR NEWS SERVICE

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1 x \$100.00 gift card to be used towards chiropractic, personal training, massage therapy, or physiotherapy
- **Royal Nova Scotia Tattoo:**
A family pack of tickets to the Royal Nova Scotia International Tattoo ARV: \$180.00
- **Lake City Wood Workers:**
1 x \$100 gift certificate
- **FYI Doctors:**
Women's RayBan Sunglasses, Case, cleaner, cloths, lens wipes, and coupon for 25% off prescription lenses. ARV: \$400.00
- **The Canadian Optical Warehouse:**
1 x \$100 gift certificate
- **Uptown Salon and Spa:**
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- **Charm Diamond Centres:**
1 x \$100 gift certificate
- **Halifax Bike Week:**
2 x Basic bike tune ups from MEC. ARV: \$130.00

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Monday, May 2, 2016

URBAN ETIQUETTE **ELLEN VANSTONE**



Dear Ellen,
My mother-in-law finally found me on Facebook and wants to be friends. I'm not really accepting new friend applications right now (especially not from her). How do I navigate?

Anonymous

Dear Anonymous,

Strangely, this is not the first time I've been asked this exact question — which I mention only to assure both mothers-in-law and their would-be evaders on Facebook that they're not alone; and also, in case any suspicious mothers-in-law are reading this column, to make it more difficult for them to pinpoint which wretched son- or daughter-in-law doesn't want to friend them.

In terms of etiquette, it's perfectly acceptable to ignore or decline friend requests from strangers, unknown friends of friends, workplace acquaintances or neighbourhood stalkers. Nor should you have the slightest qualm about instantly deleting a friend request from a mother-in-law from whom your spouse is estranged.

But if she's in your life, and you want to be on good terms with her, and she's savvy enough to see through your bald-faced lies about not being on Facebook, or not receiving her requests, you have little choice but to accept.

I duly acknowledge the countless ways in which this could ruin Facebook for you: endless photos of food, animal

The fact is, dear Anonymous, this particular breed of relative requires delicate handling

THE QUESTION

My mother-in-law finally found me on Facebook and wants to be friends. I'm not really accepting new friend applications right now (especially not from her). How do I navigate?



hijinks, inspirational sayings, painfully outdated gifs or racist jokes, etc. A steady torrent of this kind of sludge can fatally clog up any timeline, but if it gets too bad, you can always use the little arrow at the top right corner of her latest post to "Unfollow" or "Hide all" from her.

If she then phones you directly to demand why you didn't like her photo captioned "Family garage at sunset," you may have to risk hurting her feelings with the truth: that you are secretly employed by a covert government agency fighting industrial espionage, and you can't risk exposing vulnerable family members on social media.

But, tell me, Anonymous, am I right in presuming your reluctance has as much to do with what's in your own timeline as with what's in your mother-in-law's? Because there are ways to hide those things. Unfortunately, I don't know them, partly because I'm ever-

so-slightly older than 30, but mostly because the algorithm hasn't been invented yet for "Let certain people see some things but not the things that might embarrass them or me."

All I can recommend is that you book a day off work, make a big pot of coffee, or some other soothing beverage, and start rummaging around in Facebook's privacy settings.

You could also divide your friends into separate "Post to" groups, such that certain kinds of friends can see what others aren't allowed to. No, it won't be a short or easy chore, but you can't put a time-and-energy price on what your paranoia and OCD demands. So consider these categories:

- Most everybody except my mother-in-law
- Most everybody except those to whom photos of me in a bathing suit are off-limits
- Family and certain close friends who don't mind seeing photos of

©Ani Castille

my pet/child/garden/dinner

- Exes and/or childhood bullies whom I want to trick into thinking that my life is a fabulous merry-go-round of parties, romantic escapades and career triumphs
- Potential employers to whom I want to appear professional, accomplished and sober

I have nothing against mothers-in-law and will happily adopt the role myself if necessary. And I heartily disapprove of dumb, misogynistic, sexist jokes about them. But the fact is, dear Anonymous, this particular breed of relative requires delicate handling, so it's best to just accept there's no easy answer, and no more Facebook freedom in your future.

**Need advice?
Email Ellen:
askellen@metronews.ca**

ROSEMARY WESTWOOD



Ready or not, a new model of beauty standards is coming

Probably the most beautiful feed on Instagram is Lorde Inc.'s.

It features a steady stream of bare, untouched faces hued in the spectrum of humanity. Men and women and the gender-flouting. People who are completely non-uniform, save for defiant gazes. And defiantly non-white.

Lorde Inc. is a modelling agency, co-founded by Vancouver-born Toronto transplant Nafisha Kaptownwala, dedicated to people of colour. (It's named after Audre Lorde, the prominent black, lesbian, feminist poet.)

As far as Kaptownwala knows, it's the first of its kind in the world, and for two years it's been casting and promoting racial diversity in fashion, signing models that live outside the industry's strict preference for specifically proportioned white women and men. Some of its models are "too short" (one is five-foot-four), or "too tall," and while are all rarely seen on runways, or in mainstream magazines, some are taking notice.

Lorde Inc. models have worked for Adidas and graced the pages of Rookie, i-D and Dazed magazines. But despite some success in the U.K. (where Lorde Inc. was founded) and New York, Kaptownwala has found the mainstream Canadian market reluctant, at best.

When Kaptownwala first began to set up shop in Toronto late last year, she spoke with agents who told her

"Canada is not ready for you."

"The Canadian fashion climate is BASIC, like basic, super basic," she said.

Naturally, she aims to change that.

She grew up in Vancouver, "in a mostly working-class, lower-middle-class neighbourhood," she told me when we met over the winter. Her best friends were in a crew of El Salvadorian, Haitian, Ethiopian, Filipina and Indian heritage.

"Everybody kind of came from the same experience of being second-generation, their parents being new migrants, and also kind of feeling estranged from this predominant white experience," she said.

But not till she got a job at an American Apparel in Vancouver's West End (her friends called it "White End") did she first feel exposed to racism. It gave her "this very real understanding of identity."

Lorde Inc. is one way she's seeking to re-establish the definition of beauty in our culture. "For me fashion is just an opportunity to create image, and put together ideas and visions that I like," she said.

Whether mainstream fashion magazines, Canadian companies or even luxury fashion houses are interested in those ideas and visions remains to be seen.

"We are providing models that are so different from what the industry is used to seeing," she said. "I don't really know if they're ready for us. I'm going to keep putting us out there."

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Driving a bus changed his life

NEW BOOK

Craig Davidson pens memoir of year with special needs students

Craig Davidson was a punctual school bus driver. He swears he was.

Up at 5:30 a.m. sharp to give bus 3077 its daily physical — check the engine and gauges, flick lights, adjust mirrors, thump tires and test the wheelchair lift.

Then right on time to pick up his special needs students on Route 412 and drop them at their Calgary schools before the bell.

Not like today, when he's so late he almost misses our interview. But if there's anything to be learned from Precious Cargo, Davidson's new memoir about his year as a school bus driver, it's that redeeming moments come when you least expect them.

His late arrival coincides with a fellow "knight of the road" parking her yellow school bus right in front of our meeting place after dropping kids for a field trip. She's delighted to talk shop. And Davidson gets the perfect backdrop for pictures.

It's the kind of random, everyday connection the Toronto writer brings to life in Precious Cargo, things you can't plan that land like small gifts.

The book explores the special bond that forms between



Craig Davidson's new memoir Precious Cargo shows redeeming moments happen when you least expect them.

J.P. MOCZULSKI FOR TORSTAR NEWS SERVICE

one struggling adult and five students with physical and developmental challenges as they drive around together twice a day, five days a week, from September to June.

The journey, it turns out, is not just the one on the road.

Davidson took the job out of desperation at a low point in his life.

It was 2008, he was 32, broke and flailing as a fiction writer when he found a flyer in his mailbox.

He was assigned a small special needs bus for kids in middle school and high school.

His charges included a 16-year-old boy in a wheelchair who had cerebral palsy and others with conditions like autism and Fragile X syndrome.

Things slowly changed as he met his responsibilities day after day, listened and became a friend to his young charges.

"I'd been useful," he writes after one typical afternoon on the job. "It had been a while since I'd felt vitally so."

Davidson never planned to write about the experience, though he did alert parents early on that he was a writer.

No one asked to switch buses. Names and identifying characteristics were changed in Precious Cargo.

Soon he was so struck by the "elliptical, hilarious, ever-shifting" conversations he overheard that started scribbling them down on gum wrappers and blank pages ripped out of his paperbacks.

He and the kids chatted about the stuff of life. But like him, they also had a passion for superheroes, sci-fi and flights of fancy. They made up the most colossal stories.

"They were a safety blanket of sorts to the kids, and that's what they became to me too," he writes.

"I felt snug and happy within the parameters of their tales."

Jotting down those exchanges was "like catching fireflies." Davidson took home the pieces and taped them on his wall.

He wanted to capture the kids' spirit, and all the nuances, good and bad, of their funny, compassionate and sometimes mean-spirited episodes.

They are voices too seldom heard.

People often ask what the students taught him. But Davidson chafes at the question. He just wanted to tell a story.

"Asking those kids to teach me anything is kind of not fair," he says.

"I think that's the danger of writing about children with special needs. You think they've got to be instilling some sort of deep lessons and giving you a better way to live your life."

When he was that age, "I was just allowed to be a kid."

Initially, he considered them teens like any others. Now he thinks not acknowledging differences — whether a wheelchair, being non-verbal, or another way of processing the world — amounts to romanticizing.

The question is "what does it ask of us to accept those differences? Nothing."

Those students are young adults now. Davidson keeps in touch with one of them. They all got manuscripts but who knows if they'll read the book.

Davidson, 40, now has a three-year-old son and a soaring career. His short story collection Rust and Bone was made into a film.

His novel Cataract City was shortlisted for the Scotiabank Giller Prize.

But his year on the school bus still looms large. His next book of stories includes one based on an event that happened on Route 412 — one that wasn't included in Precious Cargo.

TORSTAR NEWS SERVICE

MONEY ADVICE

Stop focusing on a good credit score, start focusing on debt



In days of yore when savings was a thing, people measured their financial well-being by how much money they had, less how much money they owed: their net worth. Now everyone is hopped up on the credit score.

I don't have the highest possible credit score. Does that surprise you? Depending on whom you ask, scores top out anywhere between 850 and 900.

I'm sitting somewhere in the 700s. Is it because I'm a bad credit risk? Well, if you measure me in terms of "profitability" which the credit score is designed to do, the answer is a resounding yes.

You should understand how a credit score is calculated and the extent to which it is based on you doing the wrong thing with your credit. The very things that give you a high score — that make you a profitable customer — are completely counter to sound money management.

I pay off my balance in full every month, which actually

lowers my credit score. Despite the fact that I zero my card every month, the credit scoring system penalizes me if it randomly checks my credit utilization and I'm up too high.

No one can predict the exact point when the credit scoring system checks a balance, so if I'm close to my limit just before I plan to pay off my balance I'd lose points big-time.

So what is "credit utilization?"

Under the credit scoring rules you should never have a balance that's more than 30-50 per cent of your credit limit.

The credit-to-debt ratio (or credit utilization) is calculated like this: Debt Used ÷ Available Credit x 100 = Debt Load

So if I'm carrying a \$1,200 balance on a credit card with a limit of \$2,000 my calculation looks like this: \$1,200 ÷ \$2,000 x 100 = 60 per cent.

Despite the fact that I pay my balance off in full every single month, I'll get dinged on my credit score. This credit utilization thing is designed to make people carry credit limits in the stratosphere. Since you never want to come close to your limit,

you better accept all the rope lenders are willing to hand you.

Credit scores also reward you for using different types of credit: credit cards, lines of credit, loans.

Limit the amount and type of credit you use and your credit score drops. I don't use my credit cards for anything other than convenience. I don't borrow money to buy shite I don't need to impress people I don't know.

But since lenders want me to make full use of their wide range of products, they'd give me more points for using a variety of credit, which actually works

against my best interests.

Once upon a time we measured and rewarded financial sustainability. We threw that out the window when the easy-peasy credit score came along and lazy lenders didn't have to look at your character, capacity to repay, or credit history.

Quit chasing a high credit score. Focus on managing your money smartly.

For more money advice, visit Gail's website at gailvazoxlade.com



JOHANNA SCHNELLER WHAT I'M WATCHING



Beyoncé seen in the sequence for her song *Sorry* in the visual album *Lemonade*. CONTRIBUTED

Beyoncé begins a crucial conversation

THE SHOW: Beyoncé's "Lemonade" (Tidal)

THE MOMENT: The home movies

Throughout Beyoncé's hour-long visual album — which apparently details her emotional journey from her discovery that her husband, Jay-Z, was unfaithful, to her decision to reconcile — there are costumes, sets, dancers. But two-thirds of the way in, when Beyoncé sits cross-legged on the floor, playing an electric piano and singing Sandcastles, those other things drop away.

In flashes, we see her in bed, glasses on, reading the paper. She kisses the wedding-ring hand of the man beside her — Jay Z. Those images are staged, but during last few songs, we catch glimpses of candid home movies: Beyoncé and Jay-Z eating wedding cake; Beyoncé pregnant; she and Jay-Z getting I-V tattoos in honour of their daughter, Blue Ivy; at Ivy's birthday, wearing paper hats.

The last shot, in the song All Night, ("My love is stronger

than your pride"), is a home movie of Beyoncé, Jay-Z and Ivy frolicking outside. This, we are reminded, is a family.

It's been a week since Beyoncé Knowles Carter dropped her emotional bomb. What lingers?

Aside from the fact that she turned the world on to the poetry of Warsan Shire and the 1991 film Daughters of the Dust (the former's books sold out on Amazon mere hours after the video dropped; the latter is being reissued), it's mainly those glimpses, tucked into the tightly controlled vocals and choreography, of unscripted family life.

Many spouses cheat. Some reconcile. Beyoncé is the self-proclaimed "baddest woman in the business," but she's also a wife and mother. By owning her pain and her decisions, she's starting a conversation that needs to be had.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Photo: AP

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Malia Obama eyes gap year before college

TRANSITION

First daughter to take year off before heading to Harvard

President Barack Obama's daughter Malia will take a year off after graduating high school in June before attending Harvard University in 2017.

"The president and Mrs. Obama announced today that their daughter Malia will attend Harvard University in the fall of 2017 as a member of the Class of 2021," said a short statement issued Sunday by first lady Michelle Obama's office. "Malia will take a gap year before beginning school."

Harvard College, where Malia would enrol, encourages admitted students to defer for one year to travel, pursue a special project or activity, work, or spend time in another meaningful way. The student must not enrol in a program at another college that would grant them a degree.

Malia, the eldest of the Obamas' two daughters, is a 17-year-old senior at Sidwell Friends, an exclusive private school in the District of Columbia that helped educate another first daughter, Chelsea Clinton, in the 1990s. Malia's younger sister, Sasha, 14, is a freshman at Sidwell. Malia is set to graduate high school in June. She turns 18 on the Fourth of July.

Obama has spoken publicly about dreading the day when Malia leaves for college, and the decision for Malia to take a gap year could keep her closer to home as her family prepares for another major transition next year, leaving the White



President Barack Obama and daughter Malia make their way to board Air Force One last month. Obama has said he isn't ready for Malia to leave the nest. "She's one of my best friends," he told Ellen DeGeneres during an appearance on her talk show. GETTY IMAGES

House and returning to normal life. Obama plans to live in Washington for a few more years so Sasha can finish high school. He still owns a home in Chicago.

The first lady has said Malia wants to be a filmmaker. Malia spent last summer in New York City interning on the set of HBO's Girls, starring Lena Dunham. She spent the summer of 2014 in California working as a production assistant on Extant, a now-cancelled CBS sci-fi drama that starred Halle Berry. Malia has also had internships at the Smithsonian's National Zoo in Washington.

The president turned down an invitation to speak at Malia's Sidwell graduation because he will be too emotional.

"I'm going to be sitting there with dark glass, sobbing," he told Ellen DeGeneres during an appearance on her talk show.

Obama grew up without his

father, who was born in Kenya and is now deceased, and has spoken of his desire to be there for his kids. The bond between Obama and his children was readily apparent, as he often was seen holding hands with either daughter getting on or off the presidential aircraft or on the family's walks through Lafayette Park to attend services at St. John's Episcopal Church.

Malia joined her father earlier this month on a three-day trip that started at the University of Chicago Law School, where he once taught constitutional law, to discuss his stalled nomination of Judge Merrick Garland to the U.S. Supreme Court. From Chicago, they flew to Los Angeles and San Francisco, where the president attended fundraisers and played golf.

"Both of my daughters are wonderful people. Malia's more than ready to leave but I'm not ready for her to leave," Obama told DeGeneres.

"She's one of my best friends. It's going to be hard for me not to have her around all the time, but she's ready to go. She's just a really smart, capable person and she's ready to make her own way."

Malia visited at least a dozen public and private colleges during her search, mostly on the East Coast. Six of the eight Ivies were among them, including her parents' alma maters.

The president is a 1983 graduate of Columbia University, and Mrs. Obama graduated from Princeton in 1985. The president and first lady earned law degrees at Harvard.

Malia also checked out the University of California, Berkeley; Stanford; New York University; the University of Pennsylvania; Barnard; Tufts; Brown; Yale and Wesleyan.

THE ASSOCIATED PRESS

THE TOP 6@6

LAST NIGHT ON 101.3 THE BOUNCE:

- 6 Magic ft. Sean Paul Lay You Down Easy
- 5 Fifth Harmony ft. Ty Dolla Sign Work From Home
- 4 DJ Snake ft. Bipolar Sunshine Middle
- 3 Rihanna Kiss It Better
- 2 Justin Bieber Company
- 1 Drake ft. Whizkid and Kyle One Dance



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It's time to act on mental health

CMHA CAMPAIGN

Association wants to turn awareness into action

Jason Menard

This year marks the 65th anniversary of Canadian Mental Health Week. But instead of considering retirement, the week is more relevant than it ever has been — and this year's focus on the senior age group is reflective of the growing need for awareness and understanding.

"In the early days, Canadian Mental Health Week focused on serious and persistent mental illness," explained Dr. Patrick Smith, the national chief executive officer of the Canadian Mental Health Association. "We're broadening the perspective of the continuum of mental health. This is

why we chose seniors as the main theme for this year's campaign. If you are a senior with mental health issues, it's much harder to deal with them. They have internalized stigma about mental illness and they have to deal with their peers and their own attitudes and behaviours."

One in five Canadians has some form of mental illness, Dr. Smith explained. And while that number is dramatic in its own right, the prevalence is even greater within the senior community.

"If the ratio is one in five amongst Canadians as a whole, with seniors it's one in four. But they're less likely to come forward and discuss this with their general practitioner or their friends because of that internalized stigma," Dr. Smith explained. "They have more of the natural triggers and stressors — they're at the age where they're experiencing loss, such as the loss of loved ones; and they have existential issues, like dealing with retirement and their own

1 in 5

One in five Canadians has some form of mental illness.



Seniors are more likely to struggle with mental illness due to internalized stigma. iSTOCK

mortality."

Canadian Mental Health Week runs from May 2 through May 8 and features events and activities across hundreds of communities, including art shows, film screenings, seminars, and

awareness walks designed to provide Canadians with information, resources, and tools to stay mentally and physically healthy all year.

Not only does this year mark the 65th anniversary of Can-

adian Mental Health Week, but 2018 sees the 100th anniversary of the Canadian Mental Health Association. The goal is to put awareness into action.

"As the World Health Organization says, without men-

tal health there is no health. We're working towards a full year where we're focusing on raising awareness of diagnosed mental illness," he said. "Our goal is to move this from talking about it to acting upon it. That's why the theme is 'Get Loud.' We want to see workplaces embrace it. Our goal is to have practical tools being used. A growing number of organizations are proactively getting loud about mental health. You're going to see venues like the CN Tower and Niagara Falls turning green in support of Mental Health Week.

"The focus is on practical solutions. Canada is one of the lowest when it comes to our proportion of health care funding going towards mental illness amongst G8 nations. We would never have a society that's happy with hospital wait times being amongst the lowest in the G8, so we shouldn't be satisfied with our mental health performance. If we're talking one in five people, then everyone's affected. We have to make practical changes."

For more information on Canadian Mental Health Week, visit mentalhealthweek.cmha.ca.

MIND YOUR MIND

Youth lead in sharing and caring

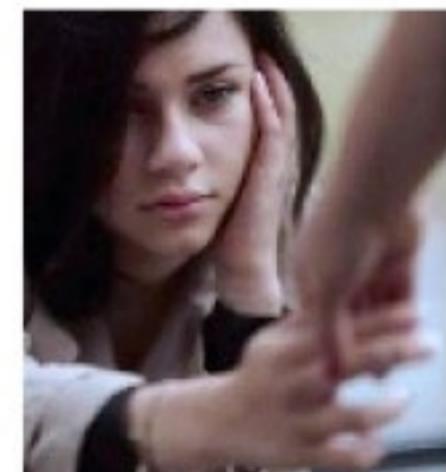
Youth are leading the way in regards to changing attitudes towards and acceptance of mental health issues amongst their own demographic. And while there is still much that can be done to support youth with mental health issues, there's a strong foundation of support created by the community itself.

"Youth often reach out to each other and learn from peers who have gone through similar situations," explained Melissa Taylor-Gates, program manager at mindyourmind.ca. "They work together and build solutions together — it very much speaks to the resiliency of youth."

Mindyourmind is a non-profit mental health program encouraging youth, emerging adults, and the professionals who serve them to co-develop reliable and relevant resources, with the goals of reducing the stigma associated with mental illness and increasing access and use of community support mechanisms.

It's all part of an attitudinal shift that sees Canada's youth leading the way in acceptance, understanding, and support of mental health issues.

"It's almost like gay rights — if you go to a high school today, they'll say, 'What's the big deal?' But if you went to a high school



Young Canadians are at the forefront of a shift in attitudes towards mental health. iSTOCK

in my grandparents' day it was a big deal," added Dr. Patrick Smith, the national chief executive officer of the Canadian Mental Health Association. "Today's generation are growing up with much more awareness. There are special programs in schools to help deal with this."

Taylor-Gates pointed to youth supports in schools like quiet rooms, animal therapy, and other techniques to help students address mental health issues. However, these are not uniform and she added there's a need for increased funding and staffing of these efforts.

"In post-secondary, you can go to get mental health support

during a particularly stressful semester, only to find out that you're on a one-month waiting list," she explained. "By then your semester may be over, or how do you know you'll still need support then?"

This can be compounded by youth slipping through the cracks as they transition from youth services to adulthood. "A lot of people get dropped or they're not ready for the transition," she added. "The system is not working for them in the way they need. And there are often financial barriers that prevent people from getting support."

For youth looking for support, Taylor-Gates said mindyourmind is a great place to start, also referencing services like Kids Help Phone, which provides 24/7 support for youth through to young adulthood.

"We have a whole section about getting help — how to seek help, who to speak with, how to get ready for an appointment because that can be stressful if it's your first time," she said, adding that mindyourmind has a mobile app called Be Safe, which is currently supported in Ontario but will soon be extended out of province.

For more information, visit mindyourmind.ca. JASON MENARD

CMHA'S 65TH ANNUAL MENTAL HEALTH WEEK | MAY 2-8, 2016

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CAMP GUIDE

First time at camp a good kind of stress

Last September, your baby started school and now that summer is approaching, he or she will begin day camp for the first time and will, again, have to adjust.

While you may be a bit worried, one of Canada's leading non-punitive parenting and education experts says the stress of being a first-time day camper isn't necessarily a bad thing.

"Children are very resilient," says Judy Arnall, author of *Parenting With Patience*. "Encountering something new like day camp brings positive stress for a child. They are anxious, but once they have gone and made friends, they have accomplished something and are glad they did it."

While Arnall says the anxiety isn't danger-



leviate fears."

Once your child actually starts camp, Arnall says to be aware that he or she may experience some initial separation anxiety. Because each child is different it is difficult to pinpoint how long that may last but she says not to give up on the idea of day camp too quickly.

"Parents can listen and acknowledge how the child feels, but may still wish to keep them enrolled," she says. "Brainstorm some coping strategies with the child. If the child has given it a couple days and really, really hates it, let them quit. But if you, as the parent, think that they will adjust, and they have in the past, then encourage the child to keep going."

Another way to ensure your child's transition to day camp is a smooth one, says Arnall, is to avoid asking the minute details of what happened at camp and trust your parenting instincts.

"Parents will notice if the child had a good time or not if they are looking forward to the next day," she says. "You could ask the best and worst moment of the day and get an idea of how it is going."

ous, she does recommend that parents not gloss over it. Rather, she says, offer your child some useful tips for overcoming the feeling such as deep breathing and thinking positively about new adventures and friends. She also says preparing your child by explaining the day camp

structure will help to ease worries.

"The more prepared children are on what to expect, the better the experience," she says. "They want to know what to bring, wear and eat. If the parents can set up a chance to visit before the actual camp date, this will help al-

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Canadian Diabetes Association

A shared understanding at camp for kids with diabetes

Summer camps are a fantastic way for any child to grow and develop as a person, enjoy activities and make new friends during the warmer months. The Canadian Diabetes Association (CDA) is fully aware of this and holds 12 camps (D-Camps) across Canada specifically tailored to kids living with type 1 diabetes.

"Children attending camp have the opportunity to meet others who share a personal understanding of the challenges of living with diabetes in a medically supervised setting," says Lara Abramson, manager of camp and youth programs (Atlantic Canada), for CDA.

"For some children, camp is also the first time they learn to administer their own insulin — a milestone in the life of a child living with diabetes."

Being diagnosed can often make a child feel different to their peers while having to deal with their new treatment schedule and skills. At camp your child gets a break from being different.

They find solace in the fact that everyone else in camp is the same as them and this shared understanding usually forges strong, long-lasting friendships between campers while the memorable experience washes over them all.

"I love camp because I get to meet lots of kids with diabetes and make special friendships," says Camp Lion Maxwell participant Hallie McQuinn, aged 12. "I love that camp



has fun activities like canoeing, swimming, archery and even arts and crafts. I think it's cool that so many there (staff and campers) have diabetes, which is so different than my everyday life."

For more information and to register for the CDA's D-Camps, visit dcamps.ca.

Sharpen your skills with the Huskies

For sharpening skills and having a lot of fun, Saint Mary's University Jr. Huskies camps are the perfect fit.

All sport camps are led by varsity team head coaches and varsity athletes. Campers will work hands-on with some of the best student athletes in Canadian university sport.

"Kids get an opportunity to both prepare for the upcoming season and get a lot of interaction with head coaches and high-level players," said Chris Larade, who is the women's hockey head coach and runs the girls' hockey camps.

"It's a chance for them to have fun and try new things in a competitive environment," he said, adding the camps are for players of all experience levels.

SMU offers summer camps for boys', girls' and co-ed in basketball and hockey. There are also football, co-ed soccer, and girls' volleyball camps.

Whatever the sport, through drills and



CONTRIBUTED

game action kids will develop their skills in a progressive teaching environment. Campers will be encouraged to combine creativity with a true competitive flavour to learn new habits and skills for the upcoming season.

Half and full day camps are available for ages four to 16. Kids bring their own lunch or for \$40 a week they get a hot lunch in the cafeteria.

Find further details on the camps at smuhuskies.ca. Register by phone at (902) 420-5555 or in person at the Homburg Centre at 920 Tower Road.

GAIN CONFIDENCE AND MAKE NEW FRIENDS

Eight-year-old Maya used to be too shy to perform in front of people. But two years ago Maya took a fairy tale themed camp at Neptune Theatre School and discovered the thrill of creativity and performance. This summer she'll be back for her third year at Neptune.

"I liked making new friends and learning new things about performing on a stage and having lots of fun doing it," she says.

She took Rock Camp and Mystery Camp last summer and this year she's in Camp Pop.

"It was awesome," she says. "I made a ton of friends."

In one camp, Maya wrote a story with a partner and acted it out in front of the class.

Neptune Theatre School camps and classes introduce students ages four to 18 to the world of drama. Again this summer, Neptune Theatre School has a full slate of camps with themes to appeal to every child's interest. Here are just some of the camps being offered this year: Superheroes Time, Musical Theatre, Hogwarts School of Wizardry, and Sing Along Stories.

Throughout the week kids gain confidence, learn new skills, get a whole lot of exercise but



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most important interact with each other and make new friends.

"The socialization is huge for us," says Chuck Homewood, theatre school director. "We do a little 20 minute performance at the end of the week for family and friends but it's not about memorizing lines or costumes. We're more about kids getting along with kids, learning how to learn together."

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DAL CAMPS OFFER SOMETHING FOR ALL

Basketball, badminton, Shakespeare — Dalhousie University offers over 40 diverse summer camps which will give kids the chance to develop new skills, meet friends, keep active and have a lot of fun this summer.

Dal camps are for kids aged five to 17. There are recreational and sport-specific camp options which run all summer long like: Active Kids, Mini University, Junior Leadership and camps geared toward climbing, soccer, basketball, hockey, volleyball and swimming.

"Camper safety comes first," says Angela Barrett-Jewers. "Our facilities are staffed with trained emergency responders in case of injury or emergency and you can depend on our staff to ensure camp activities are well supervised and safe."

Dalhousie camps are staffed by some of the best and brightest Dalhousie has to offer. They are exceptional instructors, coaches and players, but more importantly, they are personable and well-respected individuals who connect instantly with kids, Barrett-Jewers said.

"We have a wide variety of options, you could spend your whole summer here in a different program each week," she says. "And most camps include a swim in the Dalplex pool."

There are other benefits too: each camper receives a pass to watch any Dal Tigers regular season home game, a family day pass to the Dalplex and a camp t-shirt or jersey. Plus Dalplex family members save 10 per cent off of camp fees with the exception of hockey camps.

Food is at the top of many kids' minds. At Dal camps, cafeteria-style lunches with nutritious and healthy options are included for most full day, on-campus camps.

And for the convenience of parents, there is free early drop off and late pick up 45 minutes before and after camps.

Campers should bring all necessary equipment such as suitable clothing, gym shoes, hat, towel, lock, water bottle, sun screen and snacks. And it's best to be a bit early on the first day to allow for extra time to get settled. Dahousie provides inclusion services and modified arrangements for campers who need it.

Dalhousie has been running camps for kids for over 20 years and all camps are co-ed unless otherwise specified. Book your space by registering on-line through dal.ca/camps or by calling (902) 494-3372.



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Experience keeps them coming back

Bedford Academy's Summer Camp is considered Nova Scotia's most established and well-known day camp for children ages four to 12. Parents have consistently referred to the age and experience of the camp counselors as the primary reason they return every summer and parents trust them with the care and well-being of their children.

The camp provides daily swimming at the community pool, with a ratio of one staff for three campers. Children thoroughly enjoy the daily field trips which include instruction in nature lore, history and environmental sustainability. The campers engage in organized cooperative games in the Bedford Academy gymnasium. The Bedford Academy technology lab allows each student to reinforce math and language skills while spending supervised time during the daily technology component of the camp.

The camp is open Monday to Friday 7:30 a.m. – 5:30 p.m. Parents appreciate the flex-



ISTOCK

ibility of the drop off and pick up times which allows their personal schedule to fit within the hours of the operation of the camp.

The competitive rate of \$175 per week or the daily rate of \$40 appeals to families. The registration fee of \$75 covers the cost of a HRM summer pool pass and transportation on the Bedford Academy bus each day to the pool.

Bedford Academy is celebrating 30 years and looks forward to welcoming new campers to their summer camp.

Contact the director and owner Nancy Wallace at admin@BedfordAcademy.ca or (902) 835-2384 to arrange a private tour for your family or to answer questions.

A French summer in Halifax

Offer your children the chance to have fun in a French day camp, the Camp de Jour and the Camp en Action, organised by the Conseil communautaire du Grand-Havre. The camps will take place in Dartmouth, in Halifax/Bedford and in Porters Lake in July and August 2016.

At the Camp de Jour (ages 4 to 9), children will have the chance to go on outings, make crafts and participate in dynamic activities. For each week of camp, a new theme. Youth enrolled in the Camp en Action (ages 10 to 13) will participate in activities adapted for their age group, such as kayaking and river rafting.

Un été en français à Halifax

Offrez la chance à vos enfants de s'amuser en français au Camp de Jour et au Camp en Action du Conseil communautaire du Grand-Havre! Les camps ont lieu à Dartmouth, à Halifax/Bedford et à Porters Lake en juillet et août 2016.

Au Camp de Jour (4 à 9 ans) les enfants auront l'occasion de faire des sorties, de réaliser des bricolages et de participer à des activités dynamiques. Pour chaque semaine de camp, un thème différent. Les jeunes inscrits au Camp en Action (10 à 13 ans) participeront à des activités plus avancées et adaptées à leur groupe d'âge, entre autres le rafting et le kayak.

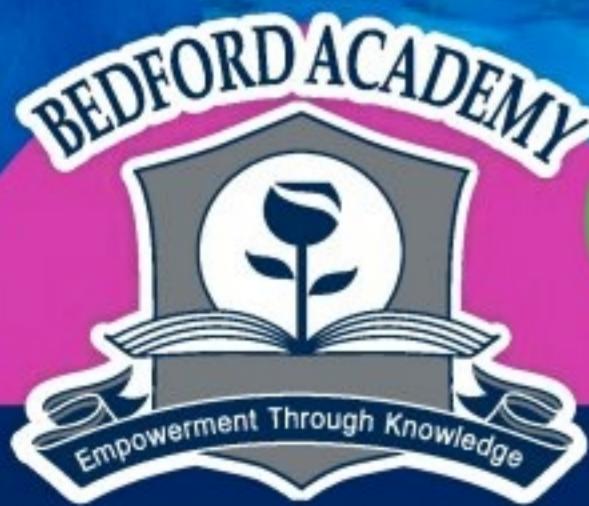


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SPORTS

At 120th overall, the New Orleans Saints made Manitoba Bison David Onyemata the lone Canadian to go in the NFL draft over the weekend

That's a Rap on Pacers

RAPTORS INDIANA ELIMINATED

DeRozan's 30 points push Toronto on to series vs. Miami

The Toronto Raptors have finally erased all the heartbreak of playoffs past.

DeMar DeRozan poured in 30 points as the Raptors beat the Pacers 89-84 in Sunday's Game 7, winning their best-of-seven opening-round series against Indiana.

The series win was just the second in Toronto's 21-year franchise history.

They will face the Miami Heat in the Eastern Conference semifinals, with Game 1 on Tuesday in Toronto.

Rookie Norman Powell had 13 points for Toronto, while Patrick Patterson and Kyle Lowry had 11 apiece.

Paul George led Indiana with 26 points.

Backed by a raucous home crowd, the Raptors led almost the entire game, and took a 78-64 advantage into the fourth quarter.

REWIND

The Raptors, who won Games 2, 3 and 5, dropped an ugly 101-83 decision in Indiana on Friday to force a seventh game.

GAME 7 AT ACC



Toronto went up by 16 points when Powell drilled a three-pointer and then swiped the ball away from Indiana on the next possession for a Joseph bucket. But in a roller-coaster series where no lead has been safe, the Pacers pulled to within three points with 2:36 to play when Monta Ellis drilled a three.

A pair of George free throws made it a three-point game with 53 seconds to play, but DeRozan grabbed a huge steal off George on the Pacers' next possession and then calmly sunk two free throws with 6.5 seconds to play to secure the victory.

DeRozan, who has struggled all series, came up big when it counted in his strongest game of the seven, and when he spun off a Pacers defender with two minutes left in the third quarter, the crowd roared its approval.

The Raptors' only previous playoff series victory came way back in 2001, when they knocked off the New York Knicks in a five-game series. After last year's four-game debacle at the hands of Washington, they've played under heavy expectations. THE CANADIAN PRESS



Raptors guard DeMar DeRozan hugs Pacers forward Paul George after the Raptors won Game 7 of their first-round playoff series in Toronto on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

NBA PLAYOFFS

Buzz kill: Heat move past Hornets

Goran Dragic scored 25 points, Gerald Green added 16 and the Miami Heat emphatically ended Charlotte's season Sunday, beating the Hornets 106-73 in Game 7 of their Eastern Conference first-round series.

Hassan Whiteside added 10 points, 12 rebounds and five blocks in the clincher for the Heat, who have won their last four Game 7s — each of the previous three coming along the way to winning NBA championships. THE ASSOCIATED PRESS



Goran Dragic GETTY IMAGES

IN BRIEF

Warriors open with win over Blazers thanks to Thompson

Klay Thompson scored 37 points in another brilliant performance as fellow "Splash Brother" Stephen Curry watched injured, and the Golden State Warriors beat the Portland Trail Blazers 118-106 Sunday in the opener of the Western Conference semifinals.

Draymond Green had his second career post-season triple-double with 23 points, 13 rebounds and 11 assists for the defending champions.

THE ASSOCIATED PRESS

Sharks go up 2-0 on Preds

Joe Pavelski scored the tiebreaking goal with 2:40 left in regulation and Martin Jones stopped 36 shots to lead the San Jose Sharks to a 3-2 victory over the Nashville Predators on Sunday night and a 2-0 lead in their second-round playoff series.

Logan Couture added a power-play goal and Joe Thornton scored an empty-netter to put the Sharks in control as the series shifts to Nashville for Game 3 on Tuesday night.

THE ASSOCIATED PRESS

NHL PLAYOFFS

Blues captain steers team to OT triumph

Blues captain David Backes scored off a rebound during a power play 10:58 into overtime and St. Louis beat the Dallas Stars 4-3 in Game 2 on Sunday to get even in the second-round series.

St. Louis was on its second power play of overtime after Antoine Roussel was called for interference.

Vladimir Tarasenko took a slap shot that defenceman Alex Goligoski blocked. But the Blues kept charging and

NBL CANADA

Canes storm to top of standings

Kristen Lipscombe
Metro | Halifax

The Halifax Hurricanes have stormed their way to the top of National Basketball League of Canada standings.

The Canes finished at the top of regular season standings with a 29-11 record, following three games in three days on the road over the weekend.

The Hurricanes defeated the Moncton Miracles 102-95 on Thursday night, but were edged out 101-100 by the Island Storm on Friday night in Charlottetown, and came back to finish strong with an 89-82 win over the Saint John Mill Rats on Saturday night.

On Saturday, guard Justin Johnson led the Hurricanes with 19 points, while forward Billy White scored 14 points. Centre Kyle Hunt put up 12 points and pulled down 12 rebounds.

Forward Olu Famutimi led the Mill Rats with 14 points, also adding nine rebounds. Forwards Gabe Freeman and Jean-Richard Volcy notched 13 points apiece.

The Hurricanes kick off the first round of the playoffs against the Island Storm, with tipoff on the first couple of games set for this Thursday and Friday at the Scotiabank Centre.

GAME 2 IN DALLAS



Backes scored on the rebound of Alexander Steen's shot.

The series matching the Western Conference's top two teams switches to St. Louis for Game 3 on Tuesday night.

THE ASSOCIATED PRESS

RECIPE Zucchini Noodles with Sesame Almond Sauce

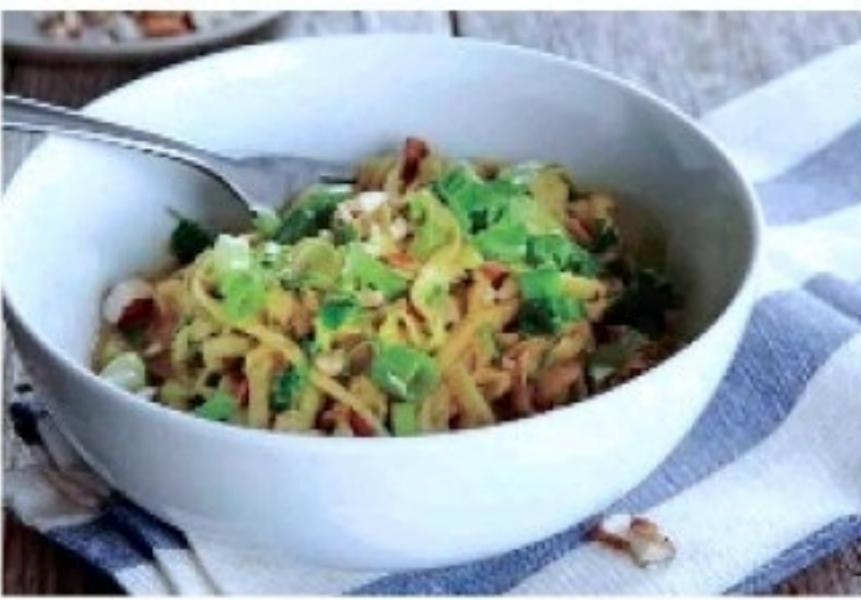


PHOTO: MAYA VISNEV

Ceri Marsh & Laura Keogh
For Metro Canada

You can make "zoodles" with a fancy spiralizer but if you don't have one, no worries. Grab a vegetable peeler and make ribbons from your zucchini instead.

Ready in
Prep time: 15 minutes
Total time: 20 minutes

Ingredients

- ½ cup smooth almond or peanut butter
- 3 Tbsp soy sauce
- 1 Tbsp sugar
- 1 tsp sesame oil
- 1 Tbsp lime juice
- 2 Tbsp water
- salt and pepper to taste
- ¼ cup almonds or peanuts, chopped fine
- 1 Tbsp vegetable oil

- 3 small zucchinis, spiralized or ribboned
- ½ cup green onions, thinly sliced
- ¼ cup cilantro, chopped

Directions

1. Whisk together the nut butter, soy sauce, sugar, sesame oil, lime juice and water until everything is well combined. Taste before adding salt and pepper. Stir in nuts.
2. In a large pan, warm up the vegetable oil. Add the zucchini noodles and toss around over the heat for a minute or two. You're just warming them up and softening them ever so slightly. Turn off the heat and pour your sauce over top. Toss until all the noodles are coated.
3. Serve in bowls and top with green onions and cilantro.

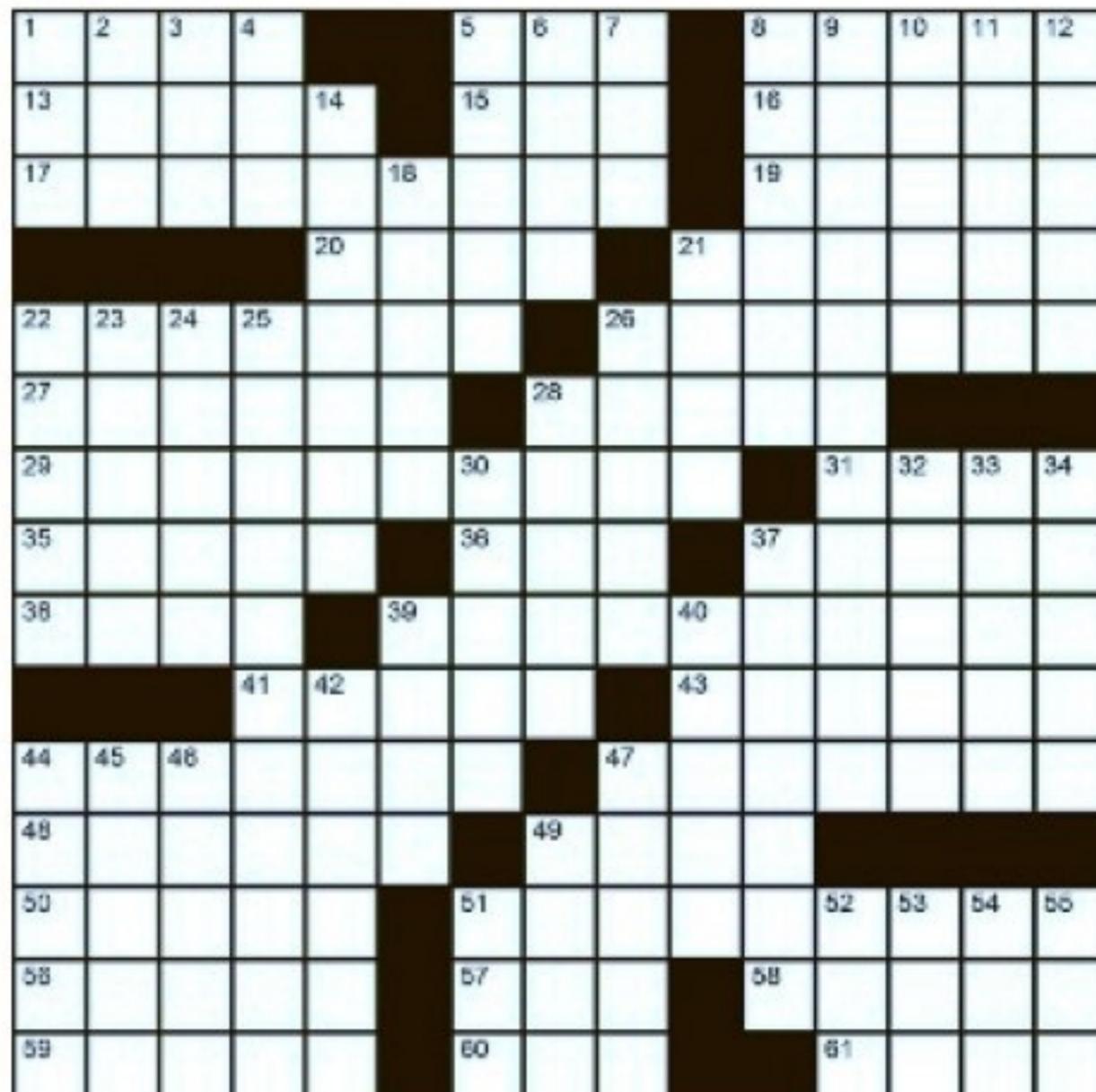
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Nile wader
5. Mila Kunis' hubby ...his initials-sharers
8. Helps the wrong-doer
13. Lifeboat lowering crane
15. Mr. Bachman
16. Space: Major and Minor
17. Niche market offering
19. Gambles
20. Singer, Jason _
21. People/organizations
22. California newspaper, commonly: 2 wds.
26. "Quentin M.P." (Vintage CBC show starring Gordon Pinsent)
27. Mythical handsome guy
28. Mythical season goddesses
29. 2016's theme, as per #37-Down... Manus x Machina: Fashion in an Age of _
31. Sci-Fi speed
35. Songwriter Ms. DioGuardi's
36. Sundial number
37. Tyler Perry character
38. "Superman" (1948) star Kirk
39. Bride's aisle decorations: 2 wds.
41. Faze
43. Listed, say
44. Dental complaint
47. Ungrateful one
48. Persists
49. Gull-like bird
50. Seaport of Israel
51. Movie ticket purchaser's request: 2 wds.
56. Upward
57. Blueberry dessert
58. Detest
59. Strained
60. "Vaseline" gr.
61. Folk tale char-



acter Ali

DOWN

1. Egos and _
2. Bread roll variety
3. 'Impress' suffix
4. As written
5. Sky's supporter
6. Edmonton Oilers owner Daryl
7. Fox's characteristic
8. Member of Canadian superheroes team Alpha Flight aka Jeanne-Marie Beaubier
9. Town in Nova Scotia that sounds like a Simon & Garfunkel tune
10. Mother in Eugene

O'Neill's play Ah, Wilderness!

11. Reserved
12. Snake's snarl
14. Shania Twain's hometown in northern Ontario
18. "You __ Beautiful" by Joe Cocker
21. Entomb

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

8				
9	4	2	6	1
7	8	5		
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6				
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2	5	6	4	9
				7

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* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
"It was Monday. It was Monday all day." Doubts you have this morning will fade away by the afternoon when you see how something actually can be done. Whew!

Taurus April 21 - May 21
This morning you don't have the funds or the support from others that you need. Then later in the day, voila! Your solution appears!

Gemini May 22 - June 21
Don't be discouraged if authority figures rain on your parade this morning. Later, you will find a way to do things anyway. (Count on this.)

Cancer June 22 - July 23
Avoid important discussions with partners, parents and bosses this morning. Their response will be, "Talk to the hand." Later in the day, though, things are much better.

Leo July 24 - Aug. 23
You might be disappointed by your share of something this morning. Things might look bleak. Fear not, because later in the day, you see how to improve matters.

Virgo Aug. 24 - Sept. 23
Dealings with others won't be easy this morning. Avoid domestic arguments, especially with older relatives. (Fortunately, this day improves as it wears on.)

Libra Sept. 24 - Oct. 23
This morning is a poor time to talk to bosses or to ask for permission at work. However, if you wait until the afternoon, you might get your way. Timing is everything.

Scorpio Oct. 24 - Nov. 22
Children will be an increased responsibility this morning. Just suck it up, because it's a fact that burdens and responsibilities are part of this picture. Later in the day, life is easier.

Sagittarius Nov. 23 - Dec. 21
Avoid important discussions with family members this morning, especially females. People are grouchy. However, you will see ways to make home improvements later in the day.

Capricorn Dec. 22 - Jan. 20
Don't listen to your worries this morning. Things are not as bad as they seem. In fact, by the afternoon, you will see ways to improve many things around you.

Aquarius Jan. 21 - Feb. 19
You might feel broke this morning. (Join the club; we number in the millions.) Late in the day, you will see new ways to make money or new uses for something you already own.

Pisces
Feb. 20 - March 20
Discussions with authority figures first thing this morning are a bad idea. Avoid parents, bosses and teachers if you can. Later, a powerful friend might help you.

metro

Tell us how you really feel.

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



4	6	3	7	8	2	9	1	5
5	7	9	3	4	1	8	6	2
1	8	2	9	6	5	7	3	4
7	3	4	1	2	9	6	5	8
8	2	1	6	5	3	4	7	9
6	9	5	8	7	4	3	2	1
2	5	7	4	3	8	1	9	6
9	4	6	2	1	7	5	8	3
3	1	8	5	9	6	2	4	7

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